

PREVENTION OF HEAT RELATED ILLNESS

When in periods of high temperature and humidity, there are things everyone (and particularly, people at high risk) should do to lessen the chances of heat illness

❖ TRY TO KEEP COOL

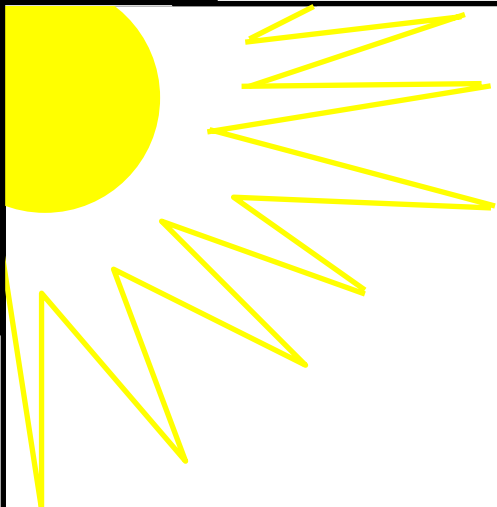
Keep windows shut, and draperies, shades, or blinds drawn during the heat of the day. Open windows in the evening or night hours when the air outside is cooler. Move to cooler rooms during the heat of the day

- Avoid overexertion, particularly during warmer periods of the day
- Apply sun screen lotion as needed.
- Drink plenty of fluids (Avoid coffee, tea & alcohol)
- Dress in loose fitting, light-colored clothing
- Lose weight if you are overweight
- Eat regular meals to insure that you have adequate salt and fluids

4/07

MAJOR ANTIPSYCHOTIC MEDICATIONS

Trade Name	Generic Name
Abilify	aripiprazole
Clozaril	clozapine
Geodon	ziprasidone
Invega	paliperidone
Risperdal	risperidone
Seroquel	quetiapine
Zyprexa	olanzapine
Haldol	haloperidol
Loxitane	loxapine
Mellaril	thloridazine
Moban	molindone
Navane	thiothixene
Prolixin	fluphenazine
Serentil	mesoridazine
Stelazine	trifluoperazine
Thorazine	chlorpromazine
Trilafon	perphenazine



Summer Heat and Sun Risks for Antipsychotic Medication Users

State of New Jersey
Division of
Mental Health Services

ANTIPSYCHOTIC MEDICATIONS AFFECT BODY HEAT

Antipsychotic medications may impair the body's ability to regulate its own temperature. During hot and humid weather individuals taking antipsychotic medications are at risk of developing excessive body temperature, or hyperthermia, which can be fatal. Individuals with chronic medical conditions are especially vulnerable e.g. heart and pulmonary disease, diabetes and alcoholism, etc.

Heat exhaustion is the most common heat-related condition, which is most likely to occur in people who are involved in physical activity outdoors during heat waves.

Heat stroke is a more serious condition of dehydration and salt depletion which can be life threatening.

HEAT EXHAUSTION

This can occur in both active and sedentary individuals. It happens suddenly, and may be quite brief. **A doctor should be called.** Recovery may be spontaneous, or intravenous fluids may be needed to prevent unconsciousness.

Symptoms of heat exhaustion:

- Irritability or change in behavior
- Low or normal temperature
- Slight low blood pressure
- Rapid, full pulse and heartbeat
- Rapid breathing
- Cold, pale skin (may be ashen-gray)
- Profuse perspiration
- Dizziness, headache, and weakness
- Nausea, vomiting
- Cramps in the abdominal area or in the extremities

Treatment

If a person displays symptoms of heat exhaustion, he or she should be:

- Moved to a cooler place as soon as possible
- Given water or other liquids immediately (there is no need for salt)
- Encouraged to rest for a short time

HEAT STROKE

This occurs mostly during heat waves. Persons with chronic illnesses are most vulnerable. Heat stroke, the most serious heat illness, **can lead to death if left untreated.**

Symptoms of heat stroke:

- Agitation, confusion, seizures, lethargy, or coma (all may be first symptoms)
- High body temperature (102 degrees Fahrenheit or above)
- High blood pressure initially (shock may follow, resulting in low blood pressure)
- Rapid pulse and heartbeat
- Rapid, shallow breathing if person is moving about; slow and deep breathing if the person is still
- Hot, dry, flushed skin

Treatment

As soon as you recognize the signs of heat stroke, take immediate action:

- **Call 911 immediately**
- Loosen or remove outer layers of individual's clothing
- Move to a cool place
- Use CPR if needed
- Replace fluids and sodium only under medical orders